

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:20–09:25	CDR	Calldown of CП counter status
09:25–09:30		Calldown of CBO water supply status
09:30–09:55		Maintenance of COЖ
11:10–11:15	FE-1	IMS auto import/export
11:15–12:30		Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 2)
12:30–13:30		LUNCH
13:30–13:45	FE-1	Private psychological conference (<i>S-band</i>)
14:40–14:55	CDR	Private family conference (<i>Ku+S-band</i>)
16:15–16:30	FE-1	
16:35–16:45	CDR	On MCC GO: pressurization of ISS with O2 from Progress-247 CpПK system
16:45–18:15		Physical exercise (TVIS-2)
17:00–18:15	FE-1	Physical exercise (RED)
18:15–18:25		Daily plan review
18:25–18:40		Daily planning conference (<i>S-band</i>)
18:40–19:00		Daily plan review
19:00–19:30		Prep for work
19:30–20:00		Daily food prep
20:00–20:30		DINNER
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: 1. See OSTP for references to US activities.
2. **Task List:** CDR: PLASMA CRYSTAL-3: Setup for video downlink

End of radiogram